

HTH - HEALTH

HTH 110 Personal Health and Wellness. 3 Credits

Term Typically Offered: Fall, Spring

Corequisite(s): Any 100- or 200-level ACT or REC course.

3cr. Covers the six dimensions of wellness (emotional, occupational, physical, social, intellectual, and spiritual). Particular focus on physical health, mental wellbeing, and the mind-body connection. Content areas to include: self-care, mindfulness, mental and emotional health, sleep, nutrition, physical fitness, communicable and non-communicable diseases, substance abuse/misuse, suicide awareness and prevention, and stress management.

Lecture Hours 3

Department: Health & Human Performance

HTH 201 Health Issues for Educators. 3 Credits

Provides students, including pre-service educators, with a foundation in the applied science of health and wellness. Establishes the basis for understanding and facilitating individual, group, and community health and wellness. Addresses health and wellness across the age span including the role of teachers in the comprehensive school health program and citizens in community health and wellness activities.

Lecture Hours 3

Department: Health & Human Performance

HTH 270 Global Health Issues. 3 Credits

Term Typically Offered: Fall

Explores the relationships between human behavior, economics, history, culture, politics, policy formation, and the environment, while investigating the impact of these elements on the quality of health within our global community. Class sessions will focus on the interdisciplinary nature of health issues that impact on daily human existence. The objective of seminar based class meetings will be to study these issues, contrasting their origins, manifestations, and possible resolutions in developed and less developed nations.

Lecture Hours 3

Department: Health & Human Performance

HTH 294 Seminar/Workshop. 1-3 Credits

Provides students an opportunity to investigate intensively topics pertinent to the field of Health and Human Performance.

Lecture Hours 1-3

Department: Health & Human Performance

HTH 391 Special Topics. 3 Credits

Term Typically Offered: Fall, Spring

An investigation of issues facing the health educator in today's schools. Special focus will be given to the topics of nutrition education, physical fitness, and human sexuality. Students will develop lesson plans in these topical areas as they pertain to either elementary or secondary education levels.

Lecture Hours 3

Department: Health & Human Performance

HTH 411 Alcohol, Tobacco, Drug Prevent. 3 Credits

Term Typically Offered: Fall, Spring, Summer

Provides information about: alcohol, tobacco, and other drugs; the potential for abuse and addiction; and factors associated with use. The primary focus is on the preventive aspects of drug abuse across the lifespan, and it centers on the approaches that are most effective. (Meets State Teacher Licensure requirement for a Drug and Alcohol Abuse Class).

Lecture Hours 3

Department: Health & Human Performance

HTH 412 Drugs and Alcohol. 1 Credit

Provides information about problems related to contemporary drug use, misuse, and abuse. Due to the potential negative effects of alcohol, tobacco, and the broad category of "other drugs," drug prevention at the school and community level is critical for addressing problems that arise from ATOD use. The primary focus on this course is identifying which drugs are most commonly used and abused, particularly among youth and teens, and recommend effective drug prevention strategies.

Lecture Hours 1

Department: Health & Human Performance

HTH 425 Health and Sexuality. 3 Credits

Explores contemporary issues in human sexuality and the preparation of professionals who conduct sexuality education with diverse populations in a variety of settings. The course examines current knowledge of and attitudes toward human sexual behavior with emphasis on topics such as healthy sexuality throughout the lifecycle, sexual anatomy and physiology, gender roles, body image, interpersonal relationships, sexual orientations, birth control, sexual response, sexual dysfunction, sexual abuse, sexually transmitted infections, abortion, and pregnancy.

Lecture Hours 3

Department: Health & Human Performance

HTH 435 Hlth & Wlnss Acrss the Lfspn. 3 Credits

Term Typically Offered: Fall (odd years)

Addresses the rapidly increasing need for specialized knowledge of health promotion for an aging society (in 2020, 20% of the US population will be 65 or older).

Introduces the epidemiology of aging and age-related disorders, including overviews of the public health impact of an aging society and the demographics and biology of aging. Covers the strategies for prevention of age-related disorders and options to improve the quality of life through health enhancement.

Lecture Hours 3

Department: Health & Human Performance